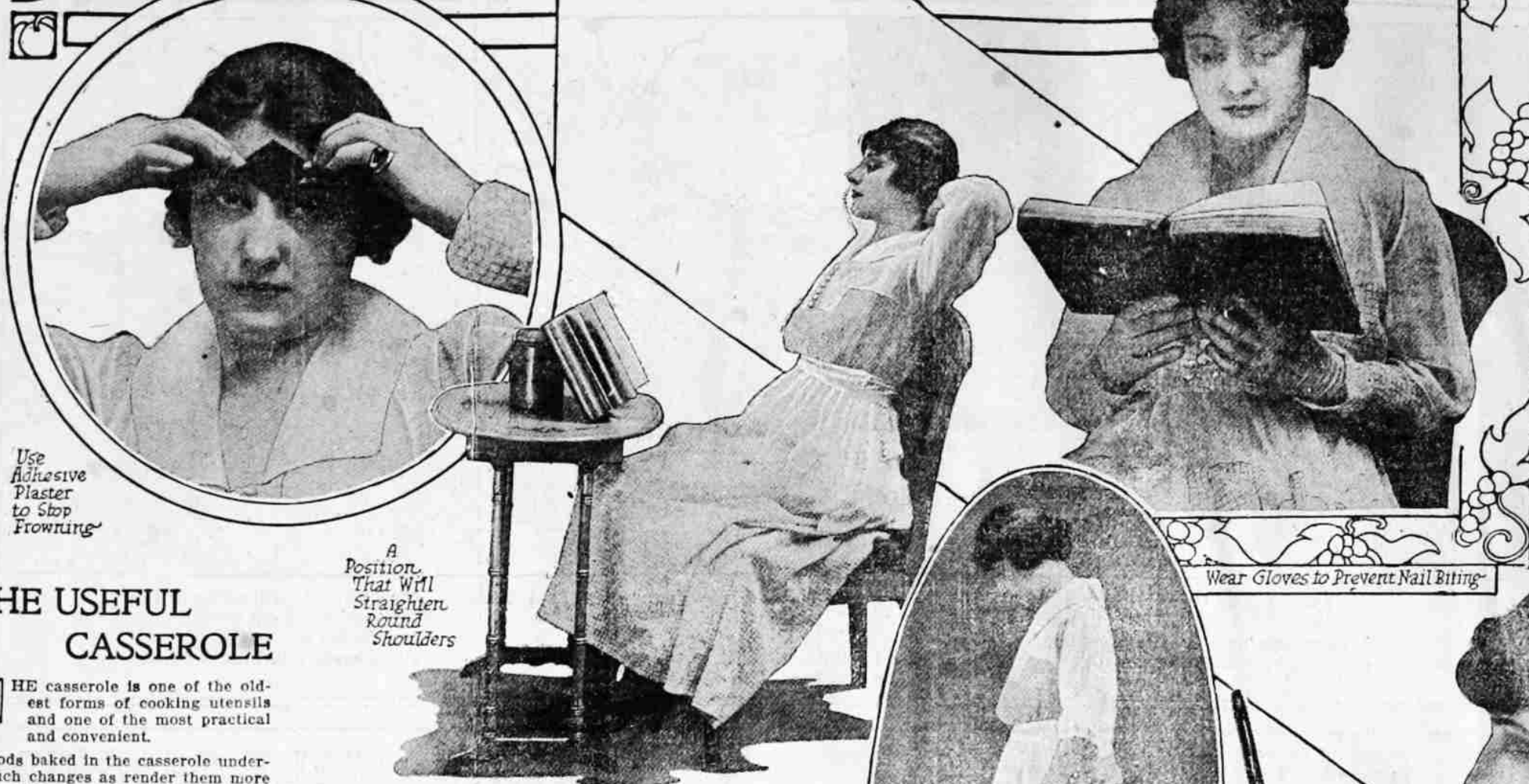


Magazine Feature Section

BREAKING the BAD HABIT



THE USEFUL CASSEROLE

THE casserole is one of the oldest forms of cooking utensils and one of the most practical and convenient.

Foods baked in the casserole undergo such changes as render them more easily digested, and the improvement in flavor is marked. The long, slow baking in the earthenware receptacle conserves all the nourishing constituents of the food and presents them in the most palatable form. Leftovers may be metamorphosed into tempting morsels by being cooked in this dish, which is taken directly from the oven to the table.

When there is boiled fowl left over the casserole offers a welcome change from the inevitable stew or croquette. The meat should be cut into small pieces and mixed with half as much beef or ham or tongue. The stock from the bones and the left-over gravy should be added to the meat in the casserole and covered with a bisquit or pie crust.

Rice makes a palatable and nutritious casserole dish. Arrange the rice in a buttered casserole, sprinkling each layer with grated cheese and cover with tomato sauce. Cover with bread crumbs, dot with butter and brown in the oven. The tomato sauce should be highly seasoned to make savory dish. Spinach or other greens may also be served in the casserole or in ramekins.

Moisten the beef stock and form hollows in the spinach into which raw eggs may be dropped. Sprinkle with salt and pepper and bake until the whites of the eggs are set.

A Position That Will Straighten Round Shoulders

NEW COATS

SUIT coats for autumn and winter are longer. Short, tall, thin and stout women must be costumed, and while a 36-inch long coat may be quite long on the woman of petite dimensions, on a larger woman it is a mere jacket. Therefore, there is a tendency to speak of a medium length coat as finger-tip length of the longer model by indicating how near to the skirt's hem it shall come. A suit running finger-tip length will, it is predicted, be the most popular model for this season. However, many a great deal shorter are to be seen and in the handsome dressy suits developed of rich velvets and satins many coats are so long that the merest glimpse of the skirt is permitted.

The greatest possible variety obtains in the treatment of collars. The tendency is to favor a high type of collar, or rather one that may be worn high if the wearer so desires. The scarf collar with long, graceful ends is to be seen, and also a great many novel choker effects.

Rich colorings are featured in many fall and winter suits. A number of dark reds, purple and wistaria, several shades of green, African brown and navy are listed as favorites.



Walk a Chalk Line if You're Pigeon-toed

BAD HABITS AND THEIR CURE

Draw On All Your Reserve Will Power and You'll Win in the Effort to Break Them.

BY LUCILLE DAUDET.

DID you ever stop to think that being beautiful is a habit, or rather the result of following good habits? This is an important and a very serious matter when it is borne in mind that every one desires to be other than homely. Many of us are burdened with more bad habits than we are blessed with good habits, so for this reason a talk on the breaking of bad habits will prove of interest to a large percentage of readers.

The breaking of a bad habit is a very difficult task, and only by persistence and an exertion of will power can it be done. One encouraging thought is the fact that the second attempt will be much easier than the first.

Among the most common bad habits is the one of nail-biting. Conscientious mothers try hard to break this fault in early childhood, others pay no attention to it at all. However, the habit is sometimes not started until habit has reached a mature age. It is then the duty of the offending one to break the habit herself. The practice is not only detrimental to attractive nails, but it is an ugly sight to see a woman chewing with fennish fever the tips of her fingers. Some women are string-minded enough to stop the habit without any local help. Others require assistance. It is when the hands are uncoccupied that one indulges in the habit; therefore, the remedy is simple enough. Merely cover the fingers with gloves or finger tips cut from old gloves. It will be impossible then for the nails to be bitten.

Another common habit is lip-biting. Persons of a nervous temperament are guilty of this. Two remedies have to be applied for this trouble. The first one consists of measures to overcome the nervousness. Of course, if it is of a serious nature a physician should be called in. If it is slight the patient should begin at once to effect a cure. Plenty of sleep, exercise, nourishing food and a change of environment are needed to restore strength to the nerves. And then to break the lip-biting habit the lips should be covered with quinine so that just the minute the teeth reach them the person will be reminded of her effort to break the practice. The habit not only twists the face out of shape, but it cracks the skin of the lips so that they always look unsightly. Many women have been known to bite or wet the lips with the tongue just before entering a drawing room in order to bring color to the lips. The action certainly does the skin to such an extent that the greatest amount of color will not hide the roughness of the skin's texture.

Frowning is nothing more than a habit. Sometimes it is caused by eye-strain, but quite frequently it is done when one is thinking intently. When convenient the guilty person should place a piece of adhesive plaster on the forehead, as shown in the photograph. It will then be impossible to draw the

face to form such deep gutters. Even an attempt to do so will be checked by the presence of the plaster. Deep lines give one an older look and for this reason the frowning habit should be checked before it is too late. If lines have been formed it is advisable to try to remove them by applying a liberal amount of cold cream and massaging with the finger tips. The massage will be most effective if it follows a steaming or washing of the face in hot water. The tips of the fingers should be dipped in cold cream, and then, the skin of the forehead should be deeply stroked from the middle line out over the temples.

Going from the forehead to the feet, let us next consider the habit of walking with the feet turned inward, thus making one a pigeon-toed. This is a habit that sometimes arises from a sore corn or some other ailment of the foot which causes one to walk in the most comfortable manner despite the effect the position of the feet has on one's gait. If you are among the guilty I suggest that you try walking an imaginary chalk line. Place one foot directly in front of the other. The exercise will also be helpful to one who has just the opposite habit, that of turning the feet out too far when walking.

It is really sad to see the number of women, and men, too, who are round shouldered. Whenever I see a man or woman sitting in such an unnatural position I can imagine I hear the lungs crying out for air. It is impossible for them to get sufficient oxygen when the framework of the body is so doubled. There are many causes of round shoulders. Among them are muscular or constitutional weakness, rapid growth, overwork, impure air or ill-ventilated rooms, acute illness, near-sightedness not corrected by glasses, and lack of proper exercise. As soon as the cause is located strenuous effort should be made to remove it. A very simple procedure which will help in slight cases is to form the habit of sitting in the position illustrated. If you have a few minutes to relax make good use of your time and sit with the hands locked behind the head and the chest thrown out. Get the habit of walking with the abdomen held in, the chest out and the head held comfortably erect. If you desire to practice an exercise which will straighten round shoulders, you will find the following a very splendid one. Stand erect with the arms extended at the sides, on a line with the shoulders, the palms of the hands pointing outward. Then throw the arms backward in an effort to have the backs of the hands reach. Ten chances to one you won't be able to do it at first, but in time you will be able to accomplish the feat.

If after reading the above you resolve to correct any bad habit which you have acquired take your intimate friends into your confidence. Let them remind you of your fault when they find you indulging. They'll be only too willing to help you.

TRAINING YOUR CHILD

BY MRS. McCUNE.

MANY of the pioneer grandmothers possessed of wonderful hearts and heads were yet forced to fight out the problem of mere physical existence for themselves and their alongside of their husbands. They learned very quickly that if a horse is "soft in the mouth" the worst thing you can do is to pull on the bit constantly. Yet their ideas of "raising" their own children is best epitomized in the familiar order of the mother to the nurse, "Go out and see what Johnny is doing and whatever he is doing tell him to stop." The evil results in the case of the horse were direct and easily traceable. In the case of the sensitive child this constant "pulling on the bit" worked a more subtle and far reaching ruin. We would by no means decry wholesale the methods employed by our grandmothers in training many of the great and good men of the world; we would plead that the mother of today, merely prolonging life, is expected to make a fine art of shaping the young life entrusted to her guidance.

The progress of the world is clogged with self-conscious, self-distrustful persons who, lest they do something wrong, do nothing at all. We will find that in the childhood memories of these negative personalities there figures largely the constant head shaking of a well meaning but unthinking mother, who believed she was doing her full duty by her child if she restrained every impulse of his in the donkey fashion. "The heart of man is prone to all evil and backward to all good," the Bible does tell us, but it also tells us we must "become as little children" to enter the kingdom of heaven.

Undoubtedly the reason this method of training has become so popular a tradition from generation to generation is because it is so easy, requires no mental effort and its all emergencies. The man who votes the democratic ticket because his father voted it; the religious devotee who prays because it can't do any harm and may do some good, and the mother who puts a veto on every natural impulse of her child, all belong to the same class—the mentally lazy. The evil effects of this laziness may stop with the voter and the devotee himself, but in the case of the mother it may amount to criminal negligence toward the child.

A child generalizes very quickly. When his infallible judge—his mother—pronounces a number of his acts "bad" which his child's brain declares "good" he is bound to reach one of two conclusions, either of which is fatal. He will begin to mistrust his mother's judgment or, as is more often the case, he will decide there is something wrong with himself. Then the activi-

HOW TO WEAR YOUR CORSET

Many Useful and Timely Hints On This Very Important Subject of Today.

BY MADAME COMBRE.

A GREAT many people find it difficult to find a corset that will fit the hips and also fit above the waist. You will find that in getting a corset large enough to fit the hips, if that is the case, you will require about one or two sizes larger. You will notice sometimes a corset will poke out in the back if you draw the corset up too tight at the top, then it destroys the lines in the same corset. I have found when fitting corsets that the majority need just a little shaped V taken up at the top of the corset next to steel of the lacing. That will correct that fault. If your corset gets too large you may take a seam right down the middle of the back each side next to this same back steel lacing. If it is a 25 and you would like it 24 or 22, take up one-half inch seam each side or one inch seam each side.

Now about lacing: I have been a corsetiere for about 20 years, and I find that lacing a corset has more to do with the fit of a corset than you would think. The following is the proper way to fit a corset: Use a five-yard lacing, knot ends of five yards. Insert ends of laces in toy eyelets (from under); pull laces through eyelets evenly until temporary knot is between the top eyelets; continue inserting from under on down until you come to tape waist tape is the waist line proper. Here skip one hole (No. 1), inserting lacing in eyelets (No. 2) nearest lower edge waist line. Insert laces then from over in eyelets (No. 1) skipped on the same side; leave loops. Continue lacing on down from under to eyelet opposite fullest part of hip (not bottom of corset) and make double runner loops. Continue lacing down to bottom of corset from over, tying ends in a permanent knot on each side. Leave your laces knotted on each side of top and bottom of corset. Pull corset as far apart as laces will permit, six to eight inches, ready for adjusting.

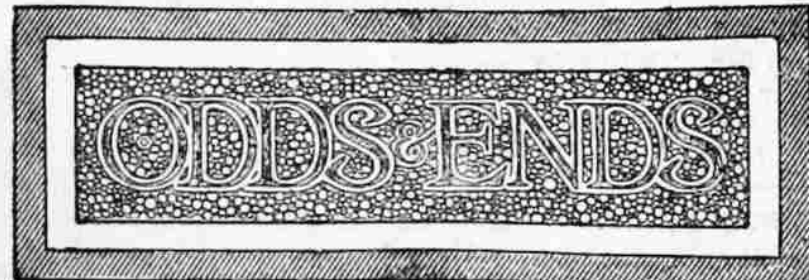
Now, how to adjust corset. Comparatively few women take the time or trouble to find out how to adjust a corset properly. Now, having left your corset six to eight inches apart, stand with heels together; place the corset well down on the figure back and front; be sure that the waist tape (or the smallest part of the corset) is on the waist line of the body. Now so many ask me if it makes a difference which hook you fasten first. I find in fastening the top hook first it holds the corset on the figure. Take the bottom of corset on front steel in each hand; fasten the hook next to the bottom, then the bottom hook, then open the top hook and fasten the remaining hooks.

Grasp the corset at the bottom with both hands and take a deep breath and pull yourself up in your corset. Pull the back of the corset well down into place. Now fasten your garters front, only well inside of the limbs so that the garters will not tear the cloth from the front stay. This keeps the skirt from wrinkling and allows freedom in stepping up. Now take lacing in each hand and give a firm, even pull straight out (not up or down) and drop them. Do not tie. This anchors the corset at the waist line. Take hold of the hip loops the same as the waist line; draw very snug.

Do not pull the corset together at the bottom. The corset when adjusted completely should be open two and a half to three inches equally distant at top and bottom and center. Tie temporarily. Take up the slack in the lacing from the hip loops up to the waist, also from the top of the corset down to the waist. Draw up the slack; tie the waist laces with a single loop about one-half inch to the inside of the back steel and insert the laces under the steel in the most convenient hollow of the body. Again pull hip laces; tie with a single loop, the same as the waist, one-half inch from the back steel; insert laces under the back steel.



Wear Gloves to Prevent Nail Biting



WHEN the handle knobs come off tin or agate dish covers a good way to make them good as ever is to tack a cork on in place of the lost knob. Put larger end of cork against cover just over the hole left by the old knob, and drive a good sized tack through from the under side. One cork will stay on and last as long as the original knob.

NOTHING will better draw out inflammation caused by tears than to soak the eyes in hot water. To do this the cloth should be wet and laid over the lids, renewing as soon as the heat subsides. Ten minutes of this makes the whole face red, and as the blood recedes the lids bleach with the rest of the skin.

DRINKING with meals greatly dilutes the saliva, making mastication all the more difficult; besides, in this way, the contents are easily softened and washed down before being properly chewed. The painfully distended stomach, that feeling of being bloated and uncomfortably "full" arises in most cases from drinking with meals and is again caused by gas.

SHOES that are too large cause almost as many corns as those that are too small, and ill-fitting stockings, which are either too short on the toes or so large that they lie in wrinkles, cause a great deal of trouble. If there are callouses on the feet, the spots should be well rubbed with a piece of pumice stone—not the powder, but the small stone that comes for that purpose.

WHEN the wash boiler or any pan or kettle begins to leak at an unexpected moment, and it is not convenient to get it soldered or to buy a new one, a good some-made cement is made by taking the white of an egg and some fine coal or wood ashes and mixing together until a paste is formed. Spread this mixture on the hole on the outside of the vessel and hold over the fire until the egg is baked and it hardens. You will be surprised at the durability of this simple cement.

GIRLS possessing deft fingers can create most charming little boleros from dainty odds and ends. A background of heavy net, braided to match the color of the



A LOTION recommended to whiten a red nose is made of seven and a half grains of tannic acid and two and a half ounces of camphor water. After the acid is dissolved the nose is moistened several times a day and at night, the liquid dries on.

THE following treatment is excellent for clearing the complexion: Rub the face over, just before washing it, with two teaspoonfuls of flowers of sulphur mixed in half a pint of new milk. This mixture should stand a little while before it is used.

DO all your hair brushing, facial massage and the like before retiring, rather than in the morning. Not only does this allow you more time to sleep late, but the actions are soothing to the body, and the good results from the treatment have plenty of time to be felt before morning.

LEMON juice is said to be very good for the face, particularly for freckles. Apply it to the face with a bit of absorbent cotton. If your skin is not over-sensitive, you may be able to use it undiluted, or with an equal part of peroxide. Otherwise, it should be mixed with an equal part of water.

BRITTLE nails are often due to bad health. Nails that are inclined to brittleness should be treated daily with a little pure white petroleum ointment. The petroleum ointment should be well rubbed over and into the nails and also worked into the under part of the nail just above the finger tip.

SIT upright, don't flop. It is an ungraceful and unrefined habit, which, unfortunately, many people fall into. It's bad for the lungs, for the figure, and bad for

the complexion. The habit of "sitting up" will straighten the back, strengthen the lungs and greatly improve the figure and general health, and in consequence, the complexion.

DO not use salts of tartar on dark hair. Its use will brighten light hair, but make it lousy. When light hair is very oily, lemon juice may be added to the shampoo water. The daily use of the curling iron will often cause the hair to become harsh and broken. This is caused by the heat, which takes away the natural oil. See that the iron is only moderately hot, or abandon its use completely.

THE hands are fully as expressive as the face. The most beautiful face will lose its charm if accompanied by hands which are not well groomed and cared for. The beauty of the hands is just as dependent upon the health as is the complexion. A hand cannot be beautiful unless it is useful looking. An undeveloped hand is not beautiful; a hand to be beautiful must look as if it could do its share of the world's work.

AN excellent shampoo is made by melting ordinary white soap, cooling, adding a little alcohol—say, half a cupful to a pint of melted soap—and beating in an egg or two. Rinse the hair first with running water. Apply some of the shampoo mixture, rinse again, use more soap and egg, and give a final rinsing. If any white substance shows on the brush and comb, you may know that your shampoo has not been successfully mixed.

BURNING or itching sensations produced after bathing in either warm or cold water, lasting from a few minutes to a half-hour, are likely to occur in persons with a naturally irritable skin and especially when there is a tendency to hives. The cause lies not in the bath itself, but in a digestive or nervous disturbance, and should be corrected through restricted diet and plenty of exercise. In these cases the bath should always be quickly taken, and every particle of soap removed, dusted freely with a powder consisting of equal parts of starch and zinc oxide.